

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

December 5th – 9th, 2016 Theme: Holiday Madness



Monday, 12/5/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Games: Volley Ball	Computers & iPads	Lunch and Down Time	Clinic: Baseball	Art Project/ Classroom: Snowman Paper Plate	Outside: Lower Deck	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Computers & iPads	Gym Games: Volley Ball	Lunch and Down Time	Art Project/ Classroom: Reindeer Antler Headband	Clinic: Baseball	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities

Tuesday, 12/6/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Classroom: Hang-Spider	Pullen Park 11:30-1:00 Pick UP Time: 11:00am Drop Off Time: 1:30pm	Lunch and Down Time	Gym Game Fitness Mania	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Brain Teasers		Lunch and Down Time	Outside: Lower Deck	Gym Game Fitness Mania	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 12/7/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Art Project: Coozie Cup	Multipurpose: Ultimate Silent Ball	Lunch and Down Time	Classroom: Practice Holiday Performance	Gym: Color Guard	Classroom: Alphabet Travel	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Block "N" Bowl	Art Project: Coozie Cup	Lunch and Down Time	Multipurpose: Alphabet Travel	Classroom: Practice Holiday Performance	Multipurpose: Rhyme or Relate	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 12/8/2016 ***Complete Waiver Online!***

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Ga-Ga Ball	Sky Zone (Raleigh) 11:30-1:00 Pick Up Time: 11:00am Drop Off Time: 1:30pm	Lunch and Down Time	Dance/Drama: Play, Skit, Perform	Gym Game: Bean Bag Relay	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Bean Bag Relay		Lunch and Down Time	Multipurpose: Ga-Ga Ball	Dance/Drama: Play, Skit, Perform	Multipurpose 1: Afternoon Snack	ASX Activities

Friday, 12/9/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Human Pin Ball	Science/Nature Multipurpose: Erupting Volcanoes	Lunch and Down Time	Multipurpose: Musical Chairs	Classroom: Practice Holiday Performance	Outside: Playground	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Outside: Playground	Classroom: Practice Holiday Performance	Lunch and Down Time	Science/Nature Multipurpose: Erupting Volcanoes	Gym Game: Human Pin Ball	Multipurpose: Musical Chairs	Multipurpose 1: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

December 12th – 16th, 2016 Theme: Holiday Madness



Monday, 12/12/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Zip, Zap, Zoop	Clinic Classroom: Badminton	Lunch and Down Time	Art Project Classroom: Fuse Bead Ornaments	Gym Game: Baseball	Multipurpose: Double Telephone	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Baseball	Art Project Classroom: Fuse Bead Ornaments	Lunch and Down Time	Multipurpose: Zip ,Zap, Zoop	Clinic Classroom: Badminton	Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

Tuesday, 12/13/2016

	7:00-9:00	9:00-9:30	9:30-12:30	12:30-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	NC Museum of Natural Science 10:00-12:00 Pick Up: 9:30am Drop Off: 12:30pm	Lunch and Down Time	Gym Game: Crossover Dodgeball	Classroom: Practice Holiday Performance	Dance/Drama: Emotional Relay Race	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Classroom: Practice Holiday Performance	Dance/Drama: Emotional Relay Race	Gym Game: Crossover Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities

Wednesday, 12/14/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: In the Zone	Food Experience Classroom: Holiday Tree	Lunch and Down Time	Classroom: Practice Holiday Performance	Science/Nature Classroom: Marshmallow Tower	Outside: Playground	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Food Experience Classroom: Holiday Tree	Multipurpose: Rutabaga, Rutabaga	Lunch and Down Time	Science/Nature Classroom: Marshmallow Tower	Classroom: Practice Holiday Performance	Outside: Lower deck	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 12/15/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-11:50	11:50-2:55	2:55-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Art Project: Sports Bracelets	Lunch and Down Time	Buffaloe Road Aquatic Center 12:20-2:05 Pick Up: 11:50am Drop Off: 2:55pm	Multipurpose: Mingle	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Sports Bracelets	Lunch and Down Time		Gym: Backlash	Multipurpose 1: Afternoon Snack	ASX Activities

Friday, 12/16/2016

	7:00-9:00	9:00-10:00	10:00-10:30	10:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym: Backlash	Holiday Celebration!! Games, Crafts, Competitions, Prizes and Food!	Gym Game: Star Wars Dodgeball	Multipurpose: Rhyme or Relate	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Mingle		Multipurpose: Rhyme or Relate	Outside: Lower Deck	Multipurpose 1: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

December 19th – 23rd, 2016 Theme: Holiday Madness



Monday, 12/19/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Cross Fire	Clinic Groups 1 & 2: Zumba	Lunch and Down Time	Art Project: Snowman Magnet	Outside: Playground	Dance/Drama: Functional Performance	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Snowman Magnet		Lunch and Down Time	Outside: Playground	Dance/Drama: Functional Performance	Gym Game: Star Wars Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities

Tuesday, 12/20/2016

	7:00-9:00	9:00-10:00	10:00-10:30	10:30-1:00	1:00-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Back to Back	Pump It Up 11:00-12:30 Pick Up Time: 10:30am Drop Off: 1:00pm	Lunch and Down Time	Gym Game: Ultimate Football	Multipurpose A: Telephone	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Ultimate Football		Lunch and Down Time	Classroom: Chief	Multipurpose B: Detective	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 12/21/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Mat Ball	Art Project: Stained Glass Kit	Lunch and Down Time	Groups 1 & 2 Movie	Science/Nature Multipurpose: Inflate a Balloon	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Stained Glass Kit	Gym Game: Mat Ball	Lunch and Down Time		Science/Nature Classroom: Inflate a Balloon	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 12/22/2016

<div>  <div> <h2>City Holiday</h2> <h1>ALL PROGRAMS CLOSED</h1> </div>  </div>									
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Friday, 12/23/2016

<div>  <div> <h2>City Holiday</h2> <h1>ALL PROGRAMS CLOSED</h1> </div>  </div>									
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ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

Marsh Creek Track Out

Track 1 - Week 1



Field Trip Information!

Pullen Park

520 Ashe Avenue, Raleigh, NC 27606

919-996-6468

At Pullen Park, participants will ride the Carousel and Train and have unlimited access to the playground.

Sky Zone

2101 Westinghouse Boulevard, Raleigh, NC 27604

919-948-4450

Participants will get to experience weightless bouncing at one of Raleigh's indoor trampoline facilities. Children will have unlimited access to all jumping areas. **This trip will require an ONLINE waiver to be completed by each child's parent/guardian.**

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Complete ONLINE waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants



Marsh Creek Track Out

Track 1 - Week 2



Field Trip Information!

Natural Science Museum

11 West Jones Street, Raleigh, NC 27601

919-870-7947

Campers will get up close and personal with nature and science as they explore the Museum of Natural Science!

Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27616

919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at one of Raleigh's most unique Aquatics facility! Please pack a bathing suit and towel. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a **BLUE** wristband to identify them to their site. Participants who pass the swim test will also be required to wear a **GREEN** wristband (**GREEN=GO**) in addition to the **BLUE** wristband.

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember Green & White Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 1 - Week 3



Field Trip Information!

Pump It Up

10700 Suite 112, World Trade Boulevard, Raleigh, NC 27617

919-828-3344

Campers will have unlimited access to the many inflatables at Pump It Up. Please wear socks! **This trip will require a waiver to be signed by each child's parent/guardian.**

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants